Precautions listed

On child safety

Good news for homemakers

By Shirley W. Walton
Extension Agent

Safety Precautions for Children

Accidents are a major cause of death among school age children. Car-pedestrian accidents, drowning, fire related mishaps and firearm accidents are four major death causing misfortunes among young children.

Among children, ages 5 to 14, accidents are responsible for more than half the deaths of boys and two-fifths of girls' deaths, though the death rate from injuries in accidents has declined in recent years.

Children, as well as adults, should be aware of safety precautions and learn to follow them as a matter of daily habit.

Motor vehicle accidents rank highest among accidental deaths for boys and girls. Pedestrian fatalities account for one in every two deaths, in car accidents, involving children, ages 5 to 9, and one out of four at ages 10 to 14. Most pedestrian fatalities occur when children are playing in or crossing the street. Some precautions to help prevent car-pedestrian accidents are:

- -Help children watch for cars when crossing the street.
- -Teach children to ride bikes safely (small children should have constant supervision when riding bikes in a street or traffic area.
- -Find areas away from streets for children to play.

Drowning ranks second among boys and third among girls as types of accidental deaths. To reduce the chances of children drowning, I urge you parents to:

- -Have children take swimming lessons, both for pleasure and protection.
- -Have an adult swimmer or lifeguard watch children when swimming (Parents, children should always be supervised, even in your back yard in a small kiddie pool.)
- -Make sure safety float lines or rescue rings are readily available when swimming.

Fire and fire related accidents ranked second among accidental deaths for girls and third for boys. Careless smoking and children playing with matches and lighters are the major causes of one out of every five fires. To prevent fires from occurring, children should:

- -Know that matches and lighters are not toys.
- -Learn what should be done in case a fire occurs.
- -Never be left alone in a house if they are very young. Young children need constant supervision.

In addition, adults need to make sure fire hazard articles are out of the sight and reach of children. Young parents, grandparents and others who have children around visiting them frequently need to be certain their home is childproof when it comes to fire hazardous materials.

Accidents involving firearms are another major cause of death in school age children. Firearm accidents appear more frequently among boys than girls. In addition, a large percentage of fire arm deaths occur in the home instead of outside. Consequently, to prevent accidents with guns from occurring in the home, it is suggested that:

- -If firearms must be kept in the house, they should be unloaded at all times.
- -Ammunition should be locked in a different place from the guns.
- -Children should not be allowed to handle guns until they receive proper training.

In order to prevent possible accidents from occurring, parents should take the precautions listed above seriously and teach their children to become aware of making safety a daily habit.

If you have a homemaking question or problem, you may call 352-8244 or you may write us at P.O. Box 488, Appomattox, VA 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

RECIPE OF THE WEEK

Mississippi Mud Dip

1-8 oz. cream cheese
1 - 10-oz. can tomato soup, plain
1-3 oz. pkg. lemon gelatin for red (lime for brown)

Heat the above ingredients in a double boiler and stir until smooth.

Add:
1½ cup chopped celery
1 cup green pepper
1 small chopped onion
½ cup chopped almonds
1 cup mayonnaise or salad dressing

Pour into a wet mold and chill.

Many thanks to Pamela White, 5th Grade teacher and 4-H Volunteer leader, for sharing this delicious dip recipe with us.

At Hixburg

'Country Store' to be opened

The Hixburg Country Store, located on the farm of John and William Hix, in Husburg, has not been used as a store for many years. However, the Appomattox Extension Homemakers plan to 'bring it alive' on Saturday, July 17.

On that day, the Sixth Annual Virginia Farm Management Tour will be visiting six farms in Appomattox County. The Hix farm is one of the farms included in the tour.

The Appomattox Extension Homemakers are sponsoring an Arts and Crafts Sale in the Hixburg Store from 8:30 a.m. - 4:00 p.m., July 17. Also the following demonstrations will be in progress during the day:

Diane Fields from Pelhem, N.C. will be spinning, weaving, and dyeing yarn. Miss Fields owns the Picnic Farm Wools in North Carolina. She grows the animals for the wool and dyes it with dyes from vegetables she grows.

Dan Boyer, from Richmond - will demonstrate the art of Stained Glass.

Irene Mays - will be weaving seats into old chairs.

Debbie Powell and Carol Bradley - will be making Pottery - from start to finish.

The bees, belonging to Gilbert and Irene Mays will be there 'doing their thing'. Honey will be on sale.

The Appomattox National Historical Park has recently published a cook book, giving the secret to some of the best eating in Appomattox. These will be on sale. There will also be Old Virginia cookbooks and Christmas in Appomattox cookbooks and flavoring for sale. Quilts will be on display and for sale, also many other arts and crafts of various kinds.

If you live in Appomattox County and would like to sell your homemade 'Wares', this is a good opportunity. For further information, you may call Katie Martin - 352-5316 or Margaret Ferguson - 993-2877.

This promises to be a real 'fun day'. Everyone is invited to come to Hixburg on Saturday, July 17, 8:30 a.m.-4:00 p.m. and brouse, buy, or just enjoy visiting with us.

Prospect Equipment Co., Inc.
•HARDWARE •LIQUID FERTILIZER
•DRY FERTILIZER •LIQUID NITROGEN
•TRUCK SPREADING
•SEED CLEANING
•SEED CORN
•PULL TYPE SPREADERS AVAILABLE
DEALER OF
Farmer's Cooperative Fertilizer Purchasers, Inc.
F.C.F.P., INC.
574-6650 or after 6 p.m. 574-6359

Girl Scouts work on 'handicap' project

Girl Scout Troop No. 322 has been working on the "International Year of the Disabled Person" badge.

The troop members decided to make a list of things that can make life easier for disabled people.

Included in this list are: make more sidewalks for people who are confined to wheelchairs, make lower water fountains, and treat people who are disabled the same as everyone else.

PRE- 4TH OF JULY SPECIALS

MEN'S WRANGLER CASUAL SLACKS $21.00 value $16.88
MEN'S SPORT SHIRTS $8.00 value $5.88
MEN'S WRANGLER KNIT SHIRTS $13.00 value $10.88
TENNIS SHORTS $12.00 value $9.88
WALKING SHORTS $15.00 value $12.88
Men's Jogging SHOES $16.00 value $10.88

SPRING LINE LADIES DRESSES REDUCED
$14.00 value $9.88
$16.00-$17.00 Value $11.88
$21.00 Value $15.88
MANY MORE SAVINGS

MEN'S — CHILDREN'S LADIES' SUMMER SHOES ON SALE AT GREAT REDUCTIONS

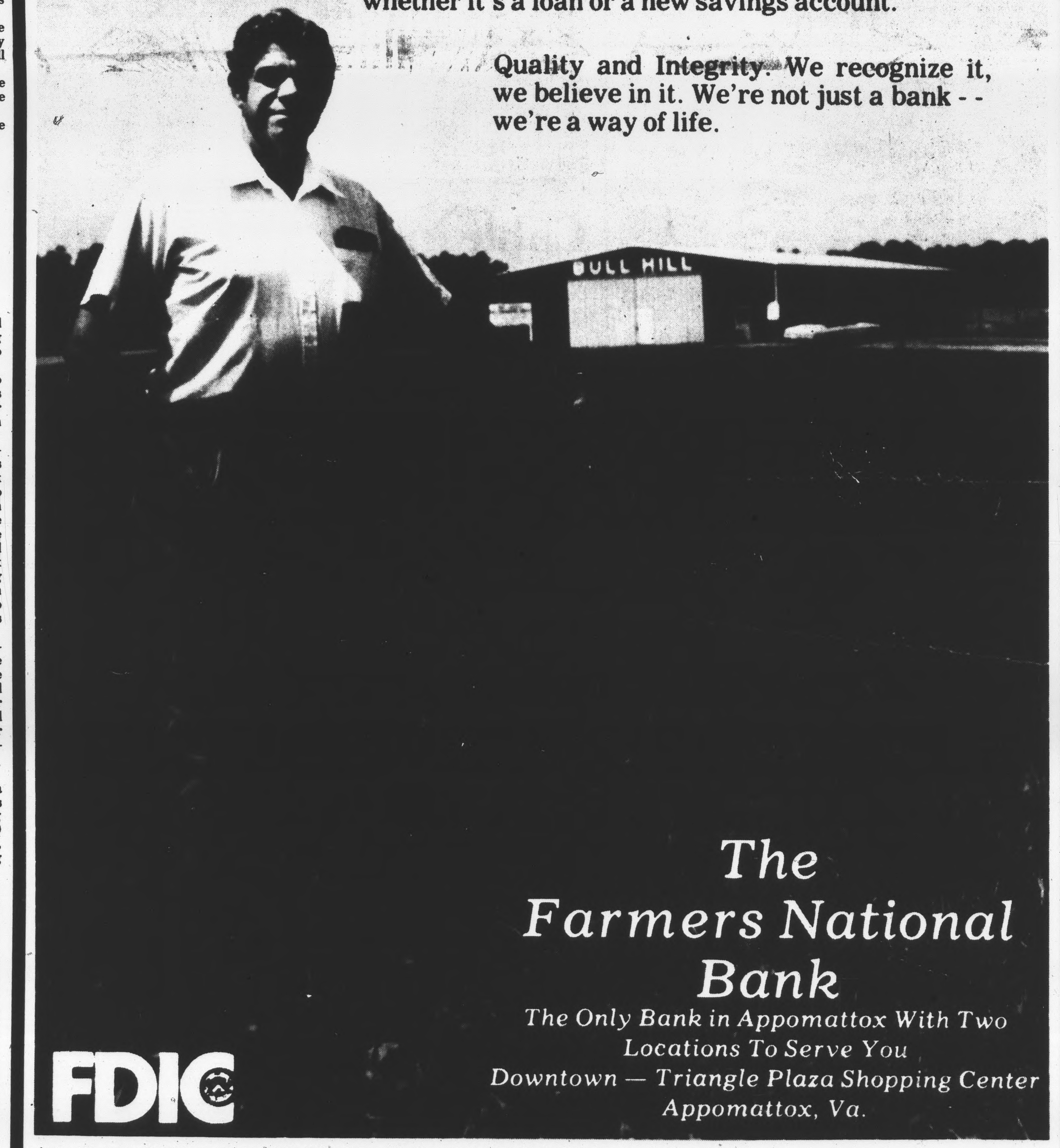
LADIES' SLEEPWEAR
GOWNS $9.00 value $5.88
DUSTERS $12.00 value $9.88
Lounging PJ's $9.95 value $6.88

MARSHALL'S DEPT. STORE
MAIN ST. — APPOMATTOX, VA.
SALE BEGINS TODAY

Quality and Integrity . . . Some People And Places Are Noted For It.

Farmers National Bank has a tradition of quality service and old-fashioned courtesy toward its customers. Come see us for your banking needs, whether it's a loan or a new savings account.

Quality and Integrity. We recognize it, we believe in it. We're not just a bank - - we're a way of life.



The Farmers National Bank
The Only Bank in Appomattox With Two Locations To Serve You
Downtown — Triangle Plaza Shopping Center
Appomattox, Va.
FDIC

James D. Bennett: owner-operator, Bull Hill Station; member, State Board of Agriculture and Consumer Services.

Wilbun's SUPERMARKET
720 CONFEDERATE BLVD. in GREATER APPOMATTOX VA.
• SPECIALS GOOD JUNE 28 thru JULY 3, 1982.
WE ACCEPT FOOD STAMPS and W.I.C. VOUCHERS!
• Quantity Rights Reserved! Not Responsible for TYPO' ERRORS.

16 OZ. 8 PK. CTN DIET or REG. PEPSI $1.29 PLUS DEPOSIT!
FLOWER'S 'Honey Buns' or BINGLES Snack CAKES .... 4 for $1.
HEREFORD'S Corned BEEF .. 12 oz. CAN .. $1.39
RICHFOOD WAXED Paper CUPS 100 count of 7-oz. or 80 count of 9-oz. $1.49
DIXIE COLD CUPS 18 count 16 oz. "THE BIG ONES" .... 89¢
IDEAL PLASTIC • KNIVES • FORKS • SPOONS UTENSILS .... 24-count .. 3 for $1.
TETLEY TEA BAGS 100-count $1.79
DETERGENT POWDER BOLD .... 49-oz BOX $1.99

SAUER'S Real Mayonnaise QT. JAR 89¢
Campbell's PORK 'n' BEANS 28 OZ. CAN 59¢
8 PK/16 OZ BOT. Ret. BOT. COKE PLUS DEPOSIT! $1.29

AUNT HANNAH'S Lg SANDWICH Bread ... LG. LOAF 39¢
PACKER'S LABEL H'Dog & H'Burger Rolls .... 8's 2 for 89¢
PLOCHMAN'S 10.5 oz. SQUEEZE Mustard .. 2 for 89¢
RICHFOOD (10-oz. JAR) H'Dog • H'Burger • Sweet RELISH .. 2 for $1.09
MOORE'S Potato RUFFLE or REG. CHIPS .. 7 oz BG. .. 79¢
KRAFT BARBECUE SAUCE ALL FLAV! 18 oz. Bot. 89¢
DEL MONTE TOMATO CATSUP 14 oz. BOT. 57¢
TEXAS PETE HOT DOG CHILI 10.5 oz. SIZE 2 for 89¢
ECON PAPER PLATES 100 COUNT/9 IN. SIZE 95¢

HOMETOWN 4th OF JULY CELEBRATION

Kahn's "You CAN DEPEND on KAHN'S!"
KAHN'S MEAT WIENERS .. $1.79 lb.
KAHN'S Beef WIENERS .. $1.89 lb.
KAHN'S BRAUN-SCHWEIGER $1.39 lb.
HILLSHIRE FARMS SMOKED & POLISH SAUSAGE lb. .. $2.29
Fresh GROUND BEEF ANY SIZE PACKAGE lb. $1.19
RICHFOOD or Beales Country Hams WHOLE lb. $1.49
GWALTNEY Bacon lb. $1.59
PORK-Brains lb. 49¢
"PRIDE of the FARM" TURK-Breast lb. $1.29
GRADE 'A' Whole Fryers lb. 59¢
TENDER AGED BEEF PERSONALLY SELECTED USDA CHOICE
BEEF Sirloin STEAKS .. lb. $2.49
7-lbs. & UNDER! Whole Tenderloins .. lb. $3.99
BONELESS SIRLOIN Tip ROASTS ... lb. $2.19

Golden Ripe BANANAS 3 lbs. $1.
Fresh GEORGIA PEACHES ... lb. 39¢
Sweet & Juicy LIMES ... 8¢ EACH!
CALIFORNIA RED PLUMS lb. 89¢
FRESH GREEN Cucumbers 5 for $1.
YELLOW or WHITE CORN 4 EARS 99¢
SNO-WHITE Cauliflower $1.29 LG HD
U.S. #1 All Purp. Yellow ONIONS 3-lb. BAG 89¢
Genuine Idaho Baking POTATOES 3 lbs. $1.
Large ICEBERG LETTUCE 2 for 89¢

Large BAGGED ICE .. 69¢ COLDEST IN TOWN... ...HOTTEST ITEM YET!
Sealtest ICE CREAM ½-gal. $1.79
-RICHFOOD-
2% LOW Fat MILK gal. $1.85
NON-DAIRY Topping ... 12-oz. TUB 79¢
BANQUET Pie SHELLS .. PKG. of -2- 59¢
PET RITZ All-Flav. mini COBBLERS ...... 69¢
PACKERS LABEL French Fried POTATOES ... 80-oz. BAG $1.39
BANQUET Fried CHICKEN ... 2-lb. BOX $2.69

CONGRATULATIONS to our "FATHERS DAY Giveaway!" WINNERS...
ROTISSERIE GRILL ... 1st B. RICE MOORE from Appomattox!
Rod & Reel ... 2nd RACHEL MULLINS from Appomattox!
Lawn Chair 3rd SARAH VAUGHAN from Appomattox!

COUPON 15¢ VALUE
HELLMANN'S Mayonnaise QT. JAR $1.29 LIMIT -1- PLEASE!
• EXPIRES JULY 7, 1982.
• Only w/COUPON AT WILBUN'S Supermarket

COUPON
KINGSFORD CHARCOAL 10-lb. BAG. $1.99 LIMIT -1- PLEASE!
• EXPIRES JULY 7th 1982.
• Only w/COUPON AT WILBUN'S Supermarket